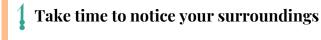


Welcome to August! This months focus will be on Gratitude. What is gratitude you may ask? Gratitude is the act of being thankful and the readiness to show appreciation for and to return kindness. Practicing gratitude is not only good for you, but to also show the people around you kindness and appreciation.





2 Practice Gratitude for the small things

子 Share your Gratitude with your loved ones

👍 Spread Gratitude Wherever you can

CHALLENGE!

HOW TO PRACTICE GRATITUDE

THANK .. YOU

Keep a Gratitude Journal Establish a daily practice in which you remind yourself of the gifts, grace, benefits and good things you enjoy.

Remember the Bad To be grateful in your current state, it is helpful to remember the hard times you have once experienced.

<u>Share your Gratitude with</u> <u>others</u> Expressing gratitude can strengthen relationships. So the next time a loved one or friend does something you appreciate, let them know

<u>Go Through the Motions</u>

Grateful motions include smiling, saying thank you, and writing letters of appreciation. By "going through the motions" you will trigger the emotion of gratitude more often This month i am adding in a **"30-Day Graititude Journal Challenge"** I have attached the prompts for the journal challenge. To complete this challenge, <u>you will need:</u>

¥ Journal, Note book, or Paper

¥ Pen or Pencil

★ 30-Day Gratitude challenge sheet <u>BEING KIND CAN IMPROVE</u> <u>YOUR WELLBEING BY:</u>

Increasing self-esteem, empathy, compassion and improving mood

Creating positive social connection



"LIFE IS A SERIES OF THOUSANDS OF TINY LITTLE MICIACLES, NOTICE THEM" es

SCIENTIFICALLY PROVEN BENEFITS OF

PRACTICING GRATITUDE

Gratitude opens the door to more relationships

> Gratitude improves physical health

Gratitude improves psychological health

Gratitude enhances empathy and reduces agression

Gratitude improves psychological health

Gratitude improves selfesteem

Gratitude increases mental strength

"We all have the ability and opportunity to cultivate gratitude, rather than complain about things you think you deserve, take a few moments to focus on all that you have. Developing an "attitude of gratitude" is one of the simplest ways to improve your satsifaction with life"